

Community Rest Practice: Guided Relaxation for All Series

EVENT DETAILS: 7:30PM-8:30PM

- Class Dates: 9/28, 10/16, 11/13, and 12/11.
- This program is appropriate for pre-teens – adults.
- Childcare is available.
- Please wear comfortable clothing. Bring a mat and/or a blanket.
- Register for free for any or all 4 sessions.
<https://bit.ly/45w0t2i>
- *ADDRESS: Conshohocken United Methodist Church 20 W. 6th Avenue, Conshohocken, PA 19428*

HOST/Contact: Conshohocken United Methodist Church Pat Patterson (610) 828 1250 or Admin@conshyunitd.com